



MIXED FRUIT, CANNED

Date: April 2009

Code: A404

PRODUCT DESCRIPTION

- Canned mixed fruit is U.S. Grade B or better of diced peaches, diced pears, and whole grapes in sweetened fruit juice, unsweetened fruit juice, or light syrup.

PACK/YIELD

- Each can contains about 15 ounces, which is about 3 cups or 6 servings (½ cup each).

STORAGE

- Store unopened cans in a cool, clean, dry place.
- Store remaining opened mixed fruit in a tightly covered container not made from metal and refrigerate.
- Look at the “Best if used by” or “Best by” date on the can.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

USES AND TIPS

- Mixed fruit is a delicious dessert or snack. It can be served chilled or at room temperature.
- Make a treat by repeating layers of mixed fruit and low-fat yogurt or low-fat ice cream in a tall glass.
- Use canned mixed fruit in baked fruit desserts like cobblers or crisps; they are also a great addition to fruit salads and smoothies.
- Add mixed fruit to sparkling water and juice for a tasty cool beverage.

NUTRITION INFORMATION

- ½ cup of mixed fruit counts as ½ cup in the MyPyramid.gov Fruit Group. For a 2,000-calorie diet, the daily recommendation is about 2 cups of fruit..

FOOD SAFETY INFORMATION

- If the can is leaking or the ends are bulging, **throw it away**.
- If the canned food has a bad odor, or liquid spurts out when the can is opened, **throw it away**.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov

NUTRITION FACTS

Serving size: ½ cup (114g) canned mixed fruit, drained

Amount Per Serving

Calories	70	Calories from Fat	0
-----------------	----	--------------------------	---

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	7%
Sugars 13g	
Protein 1g	

Vitamin A 6%	Vitamin C 4%
Calcium 0%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.

CREAMY MIXED FRUIT SALAD

MAKES ABOUT 4 SERVINGS

Ingredients

- 2 cans (about 15 ounces each) mixed fruit, drained
- 2 bananas, sliced
- 1 apple, peeled and sliced
- 1 cup lemon or vanilla low-fat yogurt
- 2 tablespoons lemon or vanilla instant pudding mix

Directions

1. Combine mixed fruit, bananas, and apple in medium bowl.
2. In a small bowl, mix together yogurt and pudding mix.
3. Spoon yogurt mixture over fruit, stirring until coated.
4. Serve right away or refrigerate until served.

Nutrition Information for 1 serving of Creamy Mixed Fruit Salad					
Calories	270	Cholesterol	3 mg	Sugar	50 g
Calories from Fat	10	Sodium	150 mg	Protein	5 g
Total Fat	1 g	Total Carbohydrate	64 g	Vitamin A	42 RAE
Saturated Fat	1 g	Dietary Fiber	6 g	Vitamin C	12 mg
				Calcium	120 mg
				Iron	1 mg

Recipe adapted from Allrecipes.com.

SOUTHWEST FRUIT SALSA

MAKES ABOUT 6 SERVINGS

Ingredients

- 1 can (about 15 ounces) mixed fruit, drained
- ½ cup onion, chopped
- 2 tablespoons lime juice
- ¼ cup green pepper or jalapeño pepper, chopped
- ⅛ teaspoon black pepper

Directions

1. Put all ingredients in a bowl and mix well. Let stand at room temperature at least 15 minutes, or refrigerate up to 6 hours before serving.
2. Serve as an appetizer with tortilla chips or as a topping for grilled chicken, fish, meat, or pork.

Nutrition Information for 1 serving (¼ cup) of Southwest Fruit Salsa					
Calories	50	Cholesterol	0 mg	Sugar	9 g
Calories from Fat	0	Sodium	5 mg	Protein	1 g
Total Fat	0 g	Total Carbohydrate	12 g	Vitamin A	12 RAE
Saturated Fat	0 g	Dietary Fiber	1 g	Vitamin C	8 mg
				Calcium	8 mg
				Iron	0 mg

Recipe adapted from Delmonte.com.